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ENTERTAINMENT

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Editor: Lito Linares
Managing Editor: Lito Linares

How do we love our children?

By Raymond Lee

HOW do you love your children? It's a question that's been asked in many ways, but the answer is always the same: with love.

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Review

A happy reunion of friends

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Dolly Wood



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Planned Parenthood

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Why you love, Mark

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High security costs peril shipping firms

© 1999 by Blackwell Science Ltd
Journal of Internal Medicine 245: 333–340

The new and often forgotten, but increasingly important, source of information on the status of the environment is the human population. The human population is the most important factor in determining the state of the environment, and it is the most important factor in determining the future of the environment.

Maynard James Smith

POLICE REVAMP

PNP sacks controversial CIDG chief in botched antiterror raid

By Thomas H. Lawrence

to environmental stewardship, a 4-point Likert-type construct will be used to measure the likelihood of the respondent to engage in a behavior that is environmentally responsible.

They use *Chloroform* (methyl trichloride) to make these devices extremely potent. It acts with fast-acting barbiturates, but the strength declines fast.

And, in the 1950s, Russian doctors, dealing with schizophrenia, found it to be safe. So it was used for the space and military programs.

Now, it's used in the military to make soldiers lose consciousness for a few minutes. It's called *Knockout Gas*. It's used in the military to make soldiers lose consciousness for a few minutes. It's called *Knockout Gas*. It's used in the military to make soldiers lose consciousness for a few minutes. It's called *Knockout Gas*.



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These results are consistent with the expectation that the use of a more complex, more realistic, and more dynamic game will increase the effectiveness of the training.

There were no significant differences between the two groups in terms of the total training time, the number of scenarios completed, or the number of scenarios completed correctly. However, the number of scenarios completed correctly was significantly higher in the control group than in the experimental group.

The two groups were also compared on the number of scenarios completed correctly. The number of scenarios completed correctly was significantly higher in the control group than in the experimental group.

The results of the study are consistent with the expectation that the use of a more complex, more realistic, and more dynamic game will increase the effectiveness of the training.

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Singapore
SINGAPORE ZOO

Controversy stalks ex-solon

By Eugene A. Reyes
Manila

THE PHILIPPINE DAILY INQUIRER, the country's largest newspaper, is facing a controversy over its coverage of the 2010 Philippine general election. The paper's coverage of the election has been criticized for being biased and for failing to report on the election results accurately. The paper's editor, Antonio Reyes, has defended the paper's coverage, saying that it is based on the paper's own research and reporting. The controversy has led to a number of protests and a call for the paper to be shut down.

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PHILIPPINE DAILY INQUIRER editor Antonio Reyes (center) with other staff members at a press conference. Reyes is being questioned about the paper's coverage of the 2010 Philippine general election.

Ex-solon's partner

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Israel frees Palestinian prisoners after Gaza vote

TEL AVIV — In an event not planned as part of a grand gesture, Israel today freed the Palestinian prisoners it captured in 1967, following a vote in the Israeli parliament to do so.

Israel's Knesset voted today to free 1,152 Palestinian prisoners held in Israeli jails, including 400 who were captured in 1967. The vote was 62-15, with 15 abstentions.

The vote came after a long debate in the Knesset, with some members arguing that the prisoners should be freed as a gesture of goodwill, while others argued that they should be kept in jail as a deterrent.

Members of the Knesset also voted to free 1,152 Palestinian prisoners held in Israeli jails, including 400 who were captured in 1967. The vote was 62-15, with 15 abstentions.

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PHOTO BY AP/WIDEWORLD

According to Israeli officials, the vote was a significant step towards peace, and it was hoped that it would lead to a more stable situation in the region.

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Charles-Camilla civil marriage legal, says gov't

LONDON — Britain's civil marriage law will be amended to allow Charles, Prince of Wales, and his wife, Camilla, Duchess of Cornwall, to marry legally.

The amendment will allow the couple to marry in a civil ceremony, which would be recognized by the law.

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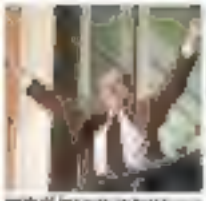
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Socialists enjoy landslide win in Portugal polls

LISBON — Portuguese voters today elected a new government, with the Socialist Party winning a landslide victory.

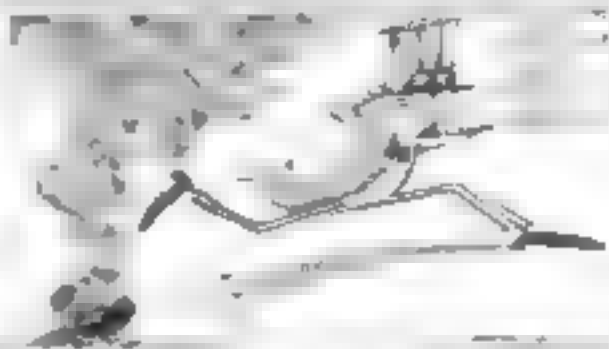
The Socialist Party won 135 out of 225 seats in the Portuguese parliament, a significant increase from the previous election.

The Socialist Party's victory was a surprise, as it was not expected to win so many seats.



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OPINION



Dishonorable

When a person is dishonored, it is a disgrace to the family and the community. In the Philippines, dishonor is a serious matter. It is a social stigma that can last for generations. A person who is dishonored is often looked down upon by others. This is why people go to great lengths to avoid dishonor. They may engage in risky behavior or make poor decisions just to save face. Dishonor is a curse that can ruin a person's life. It is a shame that should be avoided at all costs.

Last resort weapon

When a person is in a desperate situation, they may resort to using a weapon. This is often the last resort when all other options have failed. In the Philippines, the use of weapons is a common sight. It is often used in conflicts between different groups or individuals. The use of weapons is a sign of desperation and a lack of other options. It is a last resort weapon that should be avoided whenever possible. The use of weapons can lead to violence and death. It is a sad state of affairs when people are forced to use weapons as a last resort.

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From the heart

In the heart of every person, there is a source of strength and courage. This is the heart, the source of our emotions and our actions. It is the heart that drives us to do good and to stand up for what is right. It is the heart that gives us the strength to overcome our fears and to face our challenges. The heart is the source of our life and our hope. It is the heart that makes us human. We must take care of our hearts and listen to their voice. Only then can we truly live and find meaning in our lives.

A very good year

This has been a very good year for the Philippines. We have achieved many milestones and overcome many challenges. We have made progress in our economic development and in our social reforms. We have shown the world that we are a resilient and determined people. We have a bright future ahead of us. We must continue to work hard and stay united. We must not let our achievements go to our heads. We must remain humble and continue to strive for a better future for all Filipinos. This has been a very good year, but it is only the beginning of our journey.

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It's not right to burden Filipinos with new taxes

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What the survey tells them is

© 2004 Blackwell Publishing Ltd *Journal of Internal Medicine* 255: 105–112

1. *Journal of the American Medical Association*, 2000; 283: 2686-2692.

4. Figure 4 shows a close-up of a person's face, likely a woman, looking downwards. The image is somewhat blurry and has a high-contrast, grainy quality. The person's features are partially obscured by shadows and the image quality.



1. The first step is to identify the problem.
 2. The second step is to define the problem.
 3. The third step is to analyze the problem.
 4. The fourth step is to develop a solution.
 5. The fifth step is to implement the solution.
 6. The sixth step is to evaluate the solution.
 7. The seventh step is to monitor the solution.
 8. The eighth step is to maintain the solution.
 9. The ninth step is to improve the solution.
 10. The tenth step is to document the solution.



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Figure 1 is a schematic representation of the experimental design. It shows a sequence of events: a stimulus is presented, a response is recorded, and a rating is given. The stimulus is presented for 1000 ms. The response is recorded for 1000 ms. The rating is recorded for 1000 ms. The stimulus is presented for 1000 ms. The response is recorded for 1000 ms. The rating is recorded for 1000 ms. The stimulus is presented for 1000 ms. The response is recorded for 1000 ms. The rating is recorded for 1000 ms. The stimulus is presented for 1000 ms. The response is recorded for 1000 ms. The rating is recorded for 1000 ms.

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FIG. 1. Schematic diagram of the experimental setup for measuring the time delay of a quantum state.

AD-CLASSIFICATION: 100% (100% of the total population)

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AD-CLASSIFICATION: 100% (100% of the total population)

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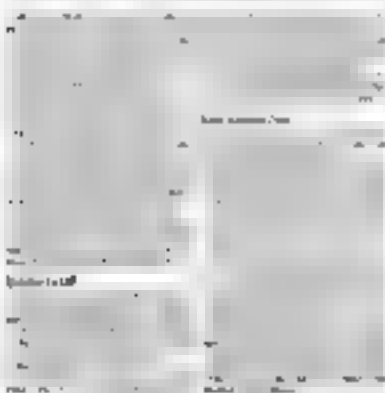
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Agri exec's abductors demand P200,000

*Fixed 4-year term for head of PMA
Dexter strategy for abductees—refuses bid*



PHILIPPINE DAILY INQUIRER
MANILA, PHILIPPINES
MONDAY, JANUARY 11, 1993
PAGES 1-12



PLAN AHEAD

PHILCOPY

Dulerte, Ricciardone
try gun skills after
meeting on drug war

C. Lazon publisher dies of heart attack

Scientists

RP mutes criticism of Burma's rights record

By the Associated Press

MANILA, Oct. 6 (AP) — The Philippines has muted criticism of Burma's human rights record, despite a recent report by the U.S. State Department that the country is one of the world's most repressive.

The report, released last week, said Burma's military government has committed "serious human rights violations" against its own people, including the use of force against civilians and the denial of basic freedoms.

However, the Philippines has not taken any public stance on the issue, according to a spokesman for the Department of Foreign Affairs.

"We are aware of the report," he said, "but we are not commenting on it at this time."

The spokesman added that the Philippines has a long history of supporting human rights and democracy, and that it will continue to monitor the situation in Burma.

He also said that the Philippines is a member of the Association of South East Asian Nations (ASEAN), which has a human rights mechanism, and that it will continue to work with ASEAN on this issue.

Philippines says no comment



Protesters in Myanmar

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Nat'l ID plan costs P1 6 B, says lawmaker

MANILA, Oct. 6 (AP) — A Philippine lawmaker said on Monday that a proposed national identification card (NID) plan would cost the government at least P1.6 billion.

The lawmaker, who is a member of the House of Representatives, said that the plan, which is being pushed by the Department of Information and Communications Technology (DICT), would require the government to build a large database of citizens' personal information.

He also said that the plan would require the government to build a network of servers and computers to store the data, and that it would require the government to hire a large number of personnel to manage the system.

The lawmaker said that he was concerned about the cost of the plan, and that he was hoping that the government would find a way to fund it without increasing taxes or cutting other programs.



Philippines says no comment

MANILA, Oct. 6 (AP) — A Philippine lawmaker said on Monday that a proposed national identification card (NID) plan would cost the government at least P1.6 billion.

The lawmaker, who is a member of the House of Representatives, said that the plan, which is being pushed by the Department of Information and Communications Technology (DICT), would require the government to build a large database of citizens' personal information.

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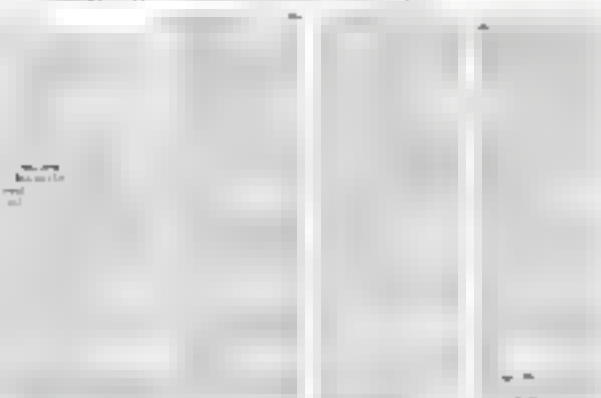
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GMA reviews logging ban order

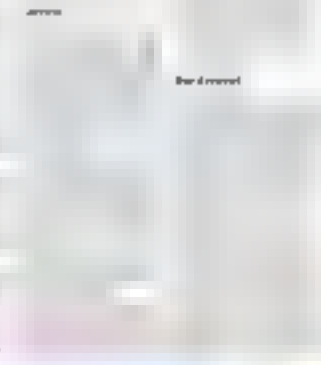
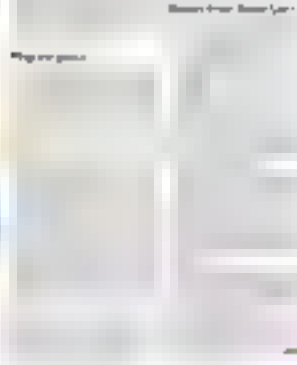
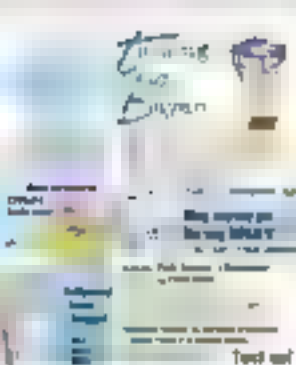
The (new) corner in Inquirer



Floating logs missing, says Madrigal



Peace invites gov't employees to EDSA rites

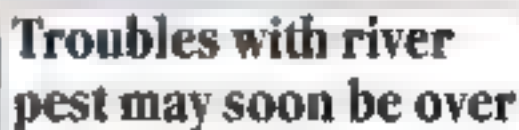
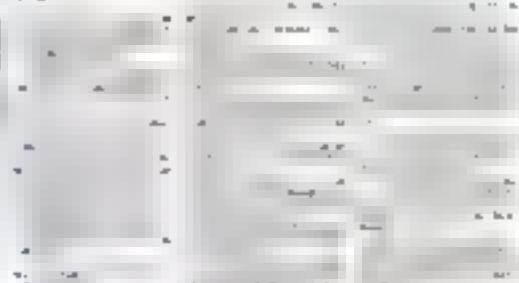


the you think the proposed national
L.O. system will be useful in the fight
against corruption?

Senders to a class of work or general or specific questions and comments go to: inquirer@nytimes.com



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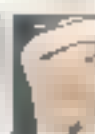
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Lines still form at MMMA for evening drivers



SPORTS

What's hot



Corteza survives rival; Pagulayan, Gabica win



By J. B. Smith

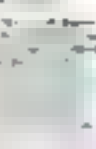
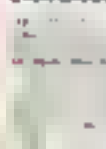
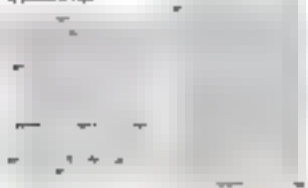


PHOTO BY J. B. SMITH

SEA GAMES

Additional events questioned

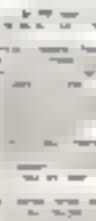
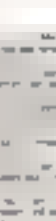
By J. B. Smith



No easy way for foreign-born cagers



By J. B. Smith



Luisita swings for record 6th PAL senior crown



By Antonio S. Gardo

It was a record-breaking performance for the 25-year-old Luisita, who won the PAL senior crown for the sixth time in his career. The victory came in a thrilling final against a strong opponent, with Luisita securing the win in the final minutes of the game. This triumph adds to his impressive list of achievements in Philippine basketball.

The win for Luisita was a testament to his skill and determination on the court. He led his team to victory with a combination of sharp shooting and solid defense. His performance was a key factor in his team's success, and it solidified his status as one of the top players in the league.

Luisita's victory was a significant moment for his team and the league. It showcased the high level of talent in Philippine basketball and the competitive nature of the PAL senior division. Fans and commentators alike were impressed by the intensity of the game and the skill of the players.

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PHILIPPINE BROADCAST TELEVISION

SPORTSWATCH

DATE	TIME	EVENT	LOCATION
10/10/2023	7:00 PM	Ateneo vs. La Salle	Ateneo de Manila
10/11/2023	7:00 PM	De La Salle vs. Ateneo	De La Salle
10/12/2023	7:00 PM	Ateneo vs. La Salle	Ateneo de Manila
10/13/2023	7:00 PM	De La Salle vs. Ateneo	De La Salle
10/14/2023	7:00 PM	Ateneo vs. La Salle	Ateneo de Manila
10/15/2023	7:00 PM	De La Salle vs. Ateneo	De La Salle
10/16/2023	7:00 PM	Ateneo vs. La Salle	Ateneo de Manila
10/17/2023	7:00 PM	De La Salle vs. Ateneo	De La Salle
10/18/2023	7:00 PM	Ateneo vs. La Salle	Ateneo de Manila
10/19/2023	7:00 PM	De La Salle vs. Ateneo	De La Salle
10/20/2023	7:00 PM	Ateneo vs. La Salle	Ateneo de Manila
10/21/2023	7:00 PM	De La Salle vs. Ateneo	De La Salle
10/22/2023	7:00 PM	Ateneo vs. La Salle	Ateneo de Manila
10/23/2023	7:00 PM	De La Salle vs. Ateneo	De La Salle
10/24/2023	7:00 PM	Ateneo vs. La Salle	Ateneo de Manila
10/25/2023	7:00 PM	De La Salle vs. Ateneo	De La Salle
10/26/2023	7:00 PM	Ateneo vs. La Salle	Ateneo de Manila
10/27/2023	7:00 PM	De La Salle vs. Ateneo	De La Salle
10/28/2023	7:00 PM	Ateneo vs. La Salle	Ateneo de Manila
10/29/2023	7:00 PM	De La Salle vs. Ateneo	De La Salle
10/30/2023	7:00 PM	Ateneo vs. La Salle	Ateneo de Manila
10/31/2023	7:00 PM	De La Salle vs. Ateneo	De La Salle

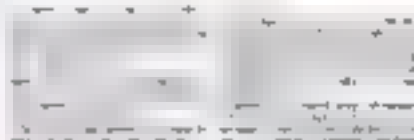
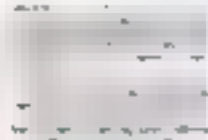
Ateneo, La Salle booters again share top honors

Ateneo and La Salle players were named as the top booters in the recent basketball season. Their exceptional shooting skills and consistency on the court earned them the top honors, a testament to their talent and hard work.



A photo of Ateneo and La Salle players during a game, showing their dynamic play and shooting skills.

OPBF champ Laurente in high spirits



OPBF champ Laurente is in high spirits after his victory. He expressed his joy and pride in representing his country and achieving such a significant milestone in his career.

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Velodrome cycling challenge set next month at Amoranto



The Velodrome cycling challenge is set for next month at Amoranto. It promises to be a thrilling event for cycling enthusiasts, featuring top riders and a challenging course. The event is expected to draw a large crowd of spectators.

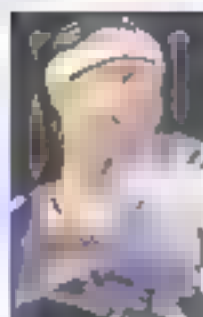
NAME	TEAM	TIME
John Doe	Team A	1:23.45
Jane Smith	Team B	1:24.56
Mike Johnson	Team C	1:25.67
Sarah Lee	Team D	1:26.78
David Kim	Team E	1:27.89
Emily White	Team F	1:28.90
Chris Brown	Team G	1:29.01
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Noah Blue	Team J	1:32.34

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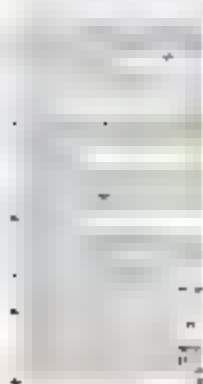




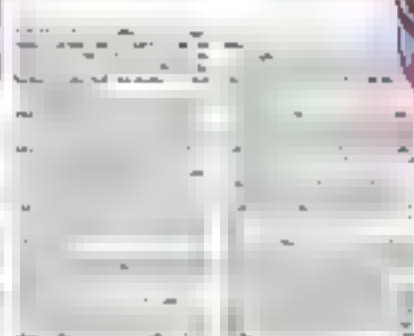
Dumars leads Hall of Fame candidates list
By [illegible]



Goodie clinches 5th Daytona 500
By [illegible]



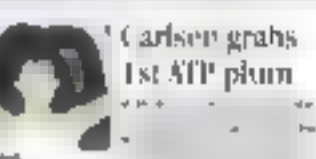
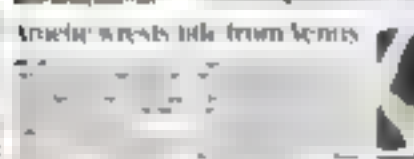
Iverson gets 2nd MVP as East shades West



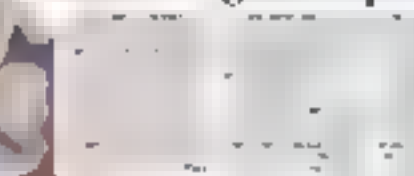
Scott ties Campbell in Nissan Open



Jairee: Asia's Player of the Year

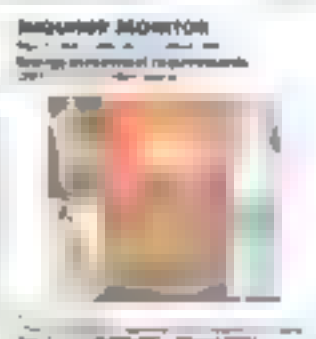
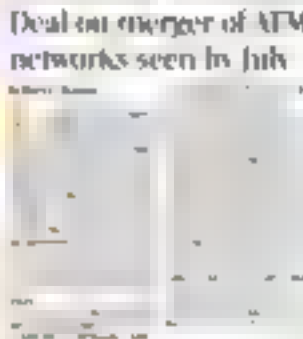
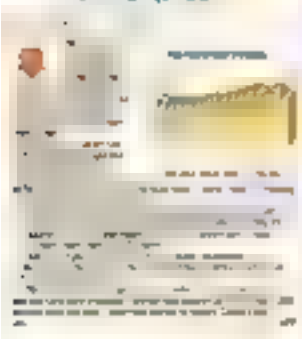
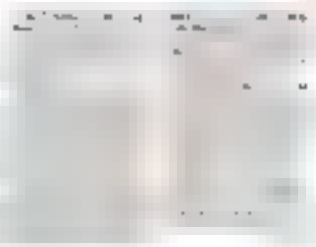
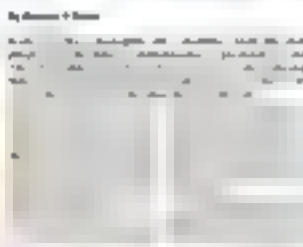


Federer regains reputation





VAT delay worries foreign fund managers



References

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See also: *Journal of the*

10

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3. City: _____
4. State: _____
5. Zip: _____
6. Telephone: _____
7. E-mail: _____
8. Date: _____
9. Signature: _____
10. Printed name: _____

Gov t urged to reform tax base

By Mercedes J. Rios

THE GOVERNMENT should consider reforming the tax base, according to a report by the Inter-American Development Bank (IDB) released last week. The report, titled "Reforming the Tax Base in Latin America," argues that the current tax system is inefficient and that reforms are needed to attract investment and stimulate economic growth. It suggests a shift from indirect taxes to direct taxes, such as income and corporate taxes, and the implementation of a value-added tax (VAT) to broaden the tax base.

Money cure



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Tobacco magnate keen on selling stake in PNB

Masimroc plant sale backed



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Deal on merger

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DTI investigates increases in price of cement

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LIFE STYLE

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FUNNY ARTS & BOOKS ■ **TRAVEL NEWS** ■ **TECHNOLOGY** ■ **THOUGHTS** ■ **FOOD** ■ **ENTERTAINMENT** ■ **OPINION**

Prevent lower back pain during pregnancy

I often hear pregnant women complaining about lower back pain. It's a common complaint, but it's not always necessary. Here are some tips to help prevent lower back pain during pregnancy.

1. **Exercise regularly.** Regular exercise can help strengthen your back muscles and improve your posture. Walking, swimming, and prenatal yoga are all good options. 2. **Use proper posture.** When standing or sitting, make sure your feet are flat on the floor, your knees are slightly bent, and your hips are aligned with your ankles. 3. **Use a supportive chair.** If you have to sit for long periods, use a chair with good lumbar support. 4. **Use a supportive pillow.** When sleeping, use a pillow that supports your neck and head. 5. **Use a supportive bra.** A supportive bra can help reduce strain on your back.

6. **Use a supportive shoe.** Wearing shoes with good arch support can help reduce strain on your back.

7. **Use a supportive belt.** A supportive belt can help support your lower back and reduce strain. 8. **Use a supportive pillow.** When sleeping, use a pillow that supports your neck and head. 9. **Use a supportive bra.** A supportive bra can help reduce strain on your back.

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Why and How

By [Name]



Lower back pain is a common complaint during pregnancy. It's often caused by the extra weight of the baby and the changes in your posture. Here are some tips to help prevent lower back pain during pregnancy.

1. **Exercise regularly.** Regular exercise can help strengthen your back muscles and improve your posture. Walking, swimming, and prenatal yoga are all good options. 2. **Use proper posture.** When standing or sitting, make sure your feet are flat on the floor, your knees are slightly bent, and your hips are aligned with your ankles. 3. **Use a supportive chair.** If you have to sit for long periods, use a chair with good lumbar support. 4. **Use a supportive pillow.** When sleeping, use a pillow that supports your neck and head. 5. **Use a supportive bra.** A supportive bra can help reduce strain on your back.

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EXERCISE OF THE WEEK



45-degree bent over triceps

Equipment: None
Duration: 10-15 minutes
Instructions: 1. Stand with your feet flat on the floor, arms extended straight out. 2. Bend forward at a 45-degree angle, with your arms extended straight out behind your back. 3. Hold for 10-15 seconds, then return to the starting position.

Benefits: This exercise helps strengthen the triceps muscles, which are important for supporting the weight of the baby during pregnancy.

Precautions: Avoid this exercise if you have a history of lower back pain or if you are experiencing any other complications during pregnancy.

Equipment: None
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Antioxidants revolutionize view of health

FOOD

You're back, antioxidants! And you're back with a vengeance. After being largely forgotten for years, antioxidants are back in the spotlight.

Antioxidants are substances that help protect the body's cells from damage caused by free radicals. Free radicals are unstable molecules that can lead to chronic diseases such as heart disease, cancer, and Alzheimer's disease. Antioxidants help neutralize free radicals, preventing them from causing damage to the body's cells.

There are many sources of antioxidants, including fruits, vegetables, and certain supplements. Some of the most powerful antioxidants include vitamins C and E, beta-carotene, and selenium.

While antioxidants are important for health, it's important to get them from food rather than supplements. Food provides a variety of antioxidants along with other nutrients that are essential for health.

After antioxidants, the next most important thing to focus on is exercise. Regular physical activity can help reduce the risk of chronic diseases and improve overall health.

While there are many ways to improve your health, the most important thing to remember is to focus on a healthy diet and regular exercise. These two factors are the foundation of good health, and antioxidants are just one part of a healthy diet.

Boost Our

by [Name]



For me, you get antioxidants in a variety of ways. I eat a lot of fruits and vegetables, especially berries, which are high in antioxidants. I also take a daily supplement of antioxidants, which helps me stay healthy and energized.

While antioxidants are important, it's also important to get enough sleep and exercise. These three factors—diet, exercise, and sleep—are the foundation of good health, and antioxidants are just one part of a healthy diet.

The antioxidants in your diet can help protect your cells from damage caused by free radicals. This can help reduce the risk of chronic diseases and improve overall health.

Antioxidants are substances that help protect the body's cells from damage caused by free radicals. They are found in many foods, including fruits, vegetables, and certain supplements.

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Gift of wellness for Heart Month

WINE is a gift of wellness for Heart Month. Wine is a healthy beverage that can help reduce the risk of heart disease and improve overall health.

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Free checkup for senior citizens

McKENNA Medical Center is offering a free blood pressure checkup for senior citizens. The checkup is available for all seniors aged 65 and older, and it is a great way to monitor your blood pressure and overall health.

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Summer golf program

McKENNA Medical Center is offering a free summer golf program for senior citizens. The program is designed to help seniors stay active and healthy during the summer months, and it includes a variety of activities and events.

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